

■ APPENDIX IV

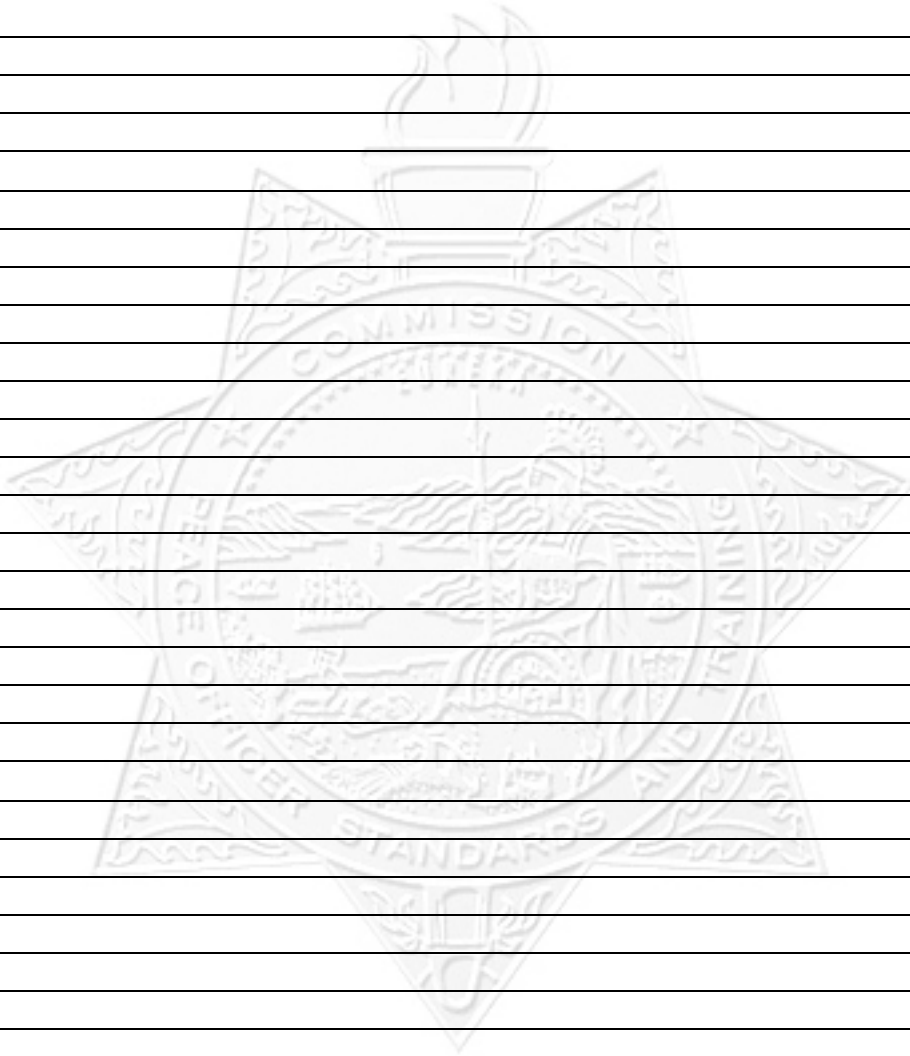
Weekly Training Progress Report



WEEK 1

TRAINING PROGRESS REPORT

[illegible]



Date

Date _____